

# Laser Therapy

Laser Therapy also known as LLLT (Low level laser therapy) Light Therapy or Cold Laser is a painless, sterile, non-invasive, drug-free, FDA approved treatment which is used to treat a variety of pain syndromes, injuries, wounds, fractures, neurological conditions and pathologies. Laser therapy can be used any time a patient requests or needs a drug-less procedure for the control of pain, when conventional therapies have been ineffective, or when the acceleration of healing from in-juries is desired. It is safe, effective, and treatments only take a few minutes.



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## Microlight ML830® Cold Laser



### What is it?

LLLT (Low level laser therapy) is a painless, sterile, non-invasive, drug-free treatment which is used to treat a variety of pain syndromes, injuries, wounds, fractures, neurological conditions and pathologies. Laser therapy can be used any time a patient requests or needs a drug-less procedure for the control of pain, when conventional therapies have been ineffective, or when the acceleration of healing from in-juries is desired.

Around the world, laser therapy is rapidly becoming a medical therapy that can heal wounds and fractures up to 60% faster and also reduce the cost of treatment for many conditions. In the U.K., LLLT has become the treatment of choice for soft tissue "whiplash" injuries and for the treatment of painful post-herpetic neuralgia (shingles pain).

### How does laser light heal?

Healing with the use of light is not new. Light therapy was reported to be effective for many conditions by Hippocrates. With the development of the laser and its special properties, using light as a treatment has gained more popularity. This is because we can now use specific wavelengths of light and give accurately measured doses of energy directly to the appropriate treatment site, which was not possible with other light sources.

Low level lasers supply energy to the body in the form of non-thermal photons of light. Light is transmitted through the skin's layers (the dermis, epidermis and the subcutaneous tissue or tissue fat under the skin) at all wavelengths in the visible range. However, light waves in the near infrared ranges penetrate the deepest of all light waves in the visible spectrum. When low level laser light waves penetrate deeply into the skin, they optimize the immune responses of our blood. This has both anti-inflammatory and immunostimulate effects. It is a scientific fact that light transmitted to the blood in this way has positive effects throughout the whole body, supplying vital oxygen and energy to every cell.

## Articles

**General Motors:** A double-blind study conducted by GM on 119 of its employees found MicroLight Cold Laser treatment a viable alternative to surgery for carpal tunnel syndrome.

**Washington Post article on the ML830, 2004:** Olympian Ambitions - The U.S. Olympic training centers in Colorado Springs and Chula Vista, Calif., are using cold lasers. The Olympic training center in Lake Placid, N.Y., plans to offer the therapy within a few months. According to Edward Ryan III, director of Sports Medicine for the U.S. Olympic Training Center, the cold laser has given athletes significant relief from pain and increased their range of motion. Because the device is hand-held and portable, he said, it can even be used in competition venues.

**NFL:** The Washington Post reported the use of the MicroLight Laser by the New England Patriots of the National Football League prior to their 2004 Super Bowl XXXVIII victory.

## How does laser light heal? Cont...

For most people, laser therapy is quite passive. There are no pulsating shocks felt, as in forms of electronic stimulation, nor heat used as with ultrasounds. The most noticeable sensation is the touch of the probe head of the laser, as it comes in contact with the skin.

Some patients (3-5% of those undergoing light therapy) have reported a slight tingling or tapping in a nerve or along a nerve pathway. Some have noted that they are able to sense a slight feeling of warmth. But for the most part, the treatment, which may last from 2 to 20 minutes, is not noticed at all.

Following (and even during) a laser therapy session, approximately 75-80% of patients being treated can notice an immediate improvement in their condition. This will depend primarily on the type of condition and the length of time the condition has been present.

Generally, the more chronic or severe the condition, the longer it takes to respond. The majority of conditions treated will take anywhere from 4-5 or 10-18 treatments. Once again, the number of treatments depends upon the severity of the condition and its duration. If your condition does not change immediately, it may take 3-4 sessions before a dramatic or marked change is perceived.

### Physiological Effects

- Biostimulation including Improved metabolism & Increase of cell metabolism
- Improved blood circulation and vasodilatation
- Analgesic effect
- Anti-inflammatory and anti-edematous effects
- Stimulation of wound healing

### Benefits of LLLT to Users

- Relieves acute and chronic pains
- Increases the speed, quality and tensile strength of tissue repair
- Increases blood supply
- Stimulates the immune system
- Stimulates nerve function
- Develops collagen and muscle tissue
- Helps generate new and healthy cells and tissue
- Promotes faster wound healing and clot formation
- Reduces inflammation